

Press pedal to floor keeping shoulders level. Lift. Repeat 4 times. Extend outside leg straight to back. Keeping hips and shoulders level,

press pedal to floor and lift. Repeat 4 times. Extend both legs. Press pedal and lift 8 times.

WUNDA CHAIR PROGRESSIONS INTERMEDIATE TO ADVANCED MOVEMENTS

KNEELING SERIES ON TOP OF CHAIR	NOTES:
FRONT KNEELING SERIES Medium spring. Kneel on top of chair with knees apart.	
Place hands on pedal. Press bar down and release up 8X	
Pulse down 16X	
PRESSES WITH	
LEG EXTENSIONS	
Press bar down Extend one leg out	
Lift and lower bar 8X	
Pull leg in and repeat with other leg out	
PRESSES WITH LEG LIFT	
1. Extend leg out behind back at hip level	
Press pedal down. Lower leg to floor. Lift torso	
Lift straight leg. 8 times	
Bend knee toward ceiling. Press pedal down. Pulse leg toward ceiling.	
DIVE CEDIEC	
PIKE SERIES	
Stand on foot bar. Round torso and place hands on back of chair directly under shoulders.	
Relieve 4 times	
Hold releve, lift/lower bar up without leaning forward. Lower 4 times Turn to side . Legs crossed. Pike up. 4 times	
Lift outside leg. Pike up. 4 times	
SINGLE ARM PUSH UP	
Kneel facing side of chair with knees shoulder distance apart. Place inside arm on pedal and bring outside arm to floor.	



BALANCE CONTROL TRICEPS PRESS WITH PELVIC TILTS AND LEG LIFTS

Sit on floor facing away from chair with legs extended in parallel position. Place arms on bar behind back fingertips facing body, elbows back

- 1. Press bar down—release up 8 times
- 2. Small presses upward
- 3. Press bar down, lift straight back 1" off floor, contract in pelvic tilt, press torso up in straight line. Break at hip to straight spine position, bend arms and lower torso to floor.
- 4. Bend arms lifting bar. Press bar down—release up
- 5. Press bar down, lift straight back 1" off floor, contract in pelvic tilt, press torso up in straight line—Lift right leg to ceiling, lower to floor, alternate legs. Break at hip to straight spine position, bend arms and lower torso to floor

Can be repeated with hands facing body.

KNEELING WASHER WOMAN

Place hands on pedal. Press bar down and release up 8X Pulse down 16X

PRESSES WITH LEG EXTENSIONS

Press bar down
Curl toes under on both legs
Extend one leg out
Lift and lower bar 8X
Pull leg in and repeat with other leg out

PRESSES WITH TORSO SIT

- 1. Press bar down
- 2. Curl toes under and extend one leg out
- 3. Sit on heel

Lift torso up uncurling toes so top of foot slides on floor. Lift bar up

NOTES:			



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Sit on top of chair facing away from bar with hands chair around legs.	NOTES:
Bend knees and lift to chest at right angles.	
Extend legs to ceiling (in); bend to right angle (ex). 4 Times	
Circle one arm to bar and extend other arm to ceiling.	
Bend knees to chest (in). Extend to ceiling (ex).	
Lift torso and legs upward (in). Bend knees to chest (ex).	
Extend legs toward floor pressing bar down and lifting opposite arm to ceiling twisting torso to side (in/ex).	
Bend knees to chest and lift torso up keeping side twist (in).	
Extend legs to ceiling reaching arm toward leg (in). 4 Times	
Repeat other side.	
IRON CROSS II	
Extend legs to ceiling (in); lower straight legs to floor while pressing	
bar down (ex).	
Bend knees to chest lifting torso (in). Extend legs to ceiling (ex).	
2 – 4 Times.	
Repeat other side.	
IRON CROSS III	
Extend legs to ceiling (in); bend knees to chest (ex).	
Extend torso, pressing bar down and straighten legs to floor (in). Lift	
torso and straight legs to ceiling (ex). 2 – 4 Times. Repeat other side.	
IRON CROSS IV	
Extend legs to ceiling (in);	
lower straight legs to floor pressing bar down (ex).	
Lift torso and straight legs (in /ex). 2 – 4 Times.	
Repeat other side.	

SWAN

Stand behind chair, feet apart, toes turned out to V-position. Lean body forward over chair; reaching arms to bar; bring legs together in parallel.

- 1. Rock over lifting legs to ceiling/ Arc up to swan. 4 times
- 2. Rock over lifting legs to ceiling / press arms up / down. 8 times
- 3. Small arm presses. 16 times
- 4. Extend arms / arc up / open legs to V-position / lower legs to floor lifting torso off chair.



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JACK KNIFE	
Lie on floor in front of chair with head 4 –6 inches from wood.	NOTES:
Hold wood bars at ends.	
Bend knees, extend to L-position	
Roll torso up and place feet on seat of chair	
Press arms upward pull arms down at sides . 4 Times	
Lift one leg to ceiling , lower to seat of chair. Repeat with other leg	
4 Times alternate legs	
Lift both legs to ceiling, lower to seat of chair \Roll down bringing spine to floor , legs to L-position then arc to floor Bend knees extend	
to L-position	
Roll torso up and place feet on seat of chair	
Lift both legs to ceiling, lower to seat of chair	
Roll down bringing spine to floor , legs to L-position then arc to floor	
REVERSE	
Turn torso around. Place feet on top of chair.	
Roll over bringing feet over head. Pike up. Reach one leg to top of chair.	
Extend leg over head bringing other leg to chair.	
Roll down.	
Roll up and repeat.	